

2023 RUNNER'S MANUAL



Presented By:



ULTRAVERSE
SUPPLEMENTS

SCHEDULE OF EVENTS

Pure Hell 140 Race date: Friday, September 29, 2023

100 mile, 100k, & 20 mile Race date: Saturday, September 30, 2023

All races end by: Sunday October 1, 2023 @ 2 PM

Start times

- Pure Hell 140 - 10:00 AM Friday
- 100 miler – 6:00 AM Saturday
- 100K – 7:00 AM Saturday
- 20 miler – 8:00 AM Saturday

Pre-Race Check-in

- Pure Hell 140 - Friday September 29 @ the start/finish – 9:15 – 9:50 AM.
- 100 mile, 100K, & 20 mile – Friday, September 30 @ the start/finish - 5:00 PM – 8:00 PM
- Same day check-in
 - 100 milers – 5:00 – 5:50 AM
 - 100k – 6:15 - 6:50 AM
 - 20 miler – 7:15-7:50 AM

Cutoff Times

- ❖ **20-mile - 6:00 PM Saturday (10 hours)**
- ❖ **100k – 7:00 AM Sunday (24 hours)**
- ❖ **100-mile - 2:00 PM on Sunday (32 hours)**
- ❖ **PURE HELL 140 – 2:00 PM Sunday (52 hours)**
 - **100-mile AND Pure Hell 140 runners MUST have STARTED their last (5th or 7th) loop by 9:00 AM on Sunday**

Sign up @ <https://ultrasignup.com/register.aspx?did=88931>

Please join our FB group for the most up-to-date info -
<https://www.facebook.com/groups/1298825163827538>

LOCATION & LODGING INFORMATION

Location – The start and finish will be located at the Switchgrass trailhead (Hell Creek area) which is located near the Switchgrass restroom parking lot. The trail is located in Wilson State Park and will require an annual KS state parks pass or a day pass. Either can be purchased on the way into the park. You will drive by the office and self-pay station when entering the park. If you don't have a pass in your window, you will likely be fined.

GPS: N38°54.965 W98°30.549

Map of Location -

<https://www.google.com/maps/place/38%C2%B054'57.9%22N+98%C2%B030'32.9%22W/@38.9160833,-98.5113387,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0x0!8m2!3d38.9160833!4d-98.50915?hl=en>

Lodging – Hays is about an hour away and has a ton of great options. Russell has options and is about 30 minutes away. Wilson is the nearest town (10 minutes) and is home to the historic Midland Railroad Hotel <https://www.midlandrailroadhotel.com/>.

Camping – There are a lot of great camping spots (primitive and otherwise) available very close to the start/finish. Camp spots tend to go quickly at Wilson, even in early October. Reservations can be made @ <https://www.reserveamerica.com/explore/wilson-state-park/KS/519134/overview>. If Wilson State Park is full you can look into Lucas Park, Sylvan Park, or Minooka Park. Lucas, Sylvan, and Minooka are federal campgrounds and would need to be reserved through <https://www.recreation.gov/>. All are within 15 minutes or so from the start/finish.

Showers and flushing restrooms are located at the start/finish.

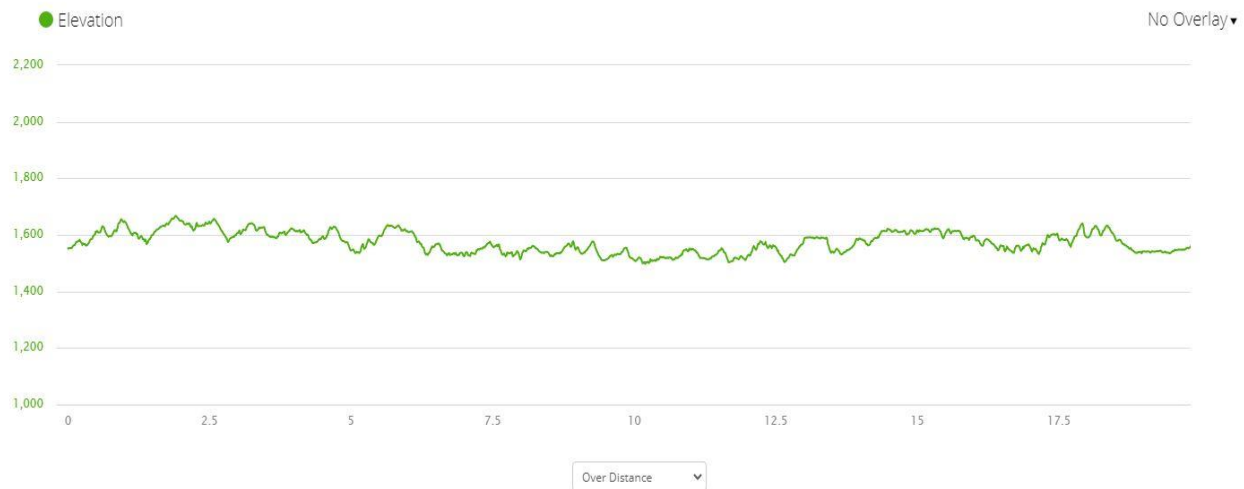
COURSE INFORMATION

All runs will take place on the single track, Switchgrass Mountain Bike Trail, at Wilson State Park. If you've never ran this trail you are in for a treat. Switchgrass is very hilly, but not overly rugged. Much of the trail runs directly beside beautiful Wilson Lake, the clearest lake in Kansas. The trail is totally exposed, with no heavily wooded areas. This makes for beautiful views, but also total exposure to the weather! If you're looking for a challenging course in the "flatlands" you've found it!

Elevation gain/loss

- Pure Hell 140 - 14,168 ft
- 100 miler – 10,120 ft
- 100k – 6,072 ft
- 20 milers 2,024 ft

ELEVATION PROFILE



RACE LOGISTICS

The races will consist of 20(ish) mile loops. One loop for 20 milers, three loops for 100k runners, 5 loops for 100 milers, and 7 loops for Pure Hell 140 milers.

The course will be heavily marked with ribbons and wrong way signs. This is an extremely easy course to follow. Getting off course should be of no issue. GPX is unnecessary.

Restrooms/showers - There are restrooms and hot showers at the start/finish, and we will have a porta-potty (or two) at Hell Hill.

Photography: Hopefully, [Mile 90 Photography](#) will be there to capture your amazing adventure (we should know early 2023). If not, we will still have professional photography!

NOTE – Cell phone service is spotty at Wilson State Park. At the start/finish I get NO service. Out on the course I bounce back and forth between good service and none at all.

PURE HELL 140 - 2022 saw only 2 out of 8 finishers in the Pure Hell 140. We like that! Obviously, we want to see our runners succeed. At the same time, we want Pure Hell to be a race that is very difficult to finish and one where participants know that there is a substantial risk of failure when they sign up. We like the idea of the finishers being part of a select few. I mean, the name is Pure Hell, right? That's what you are going to experience to get this done!

SWAG AND AWARDS

Awards – 1st, 2nd, and 3rd place **male and female in each distance** will receive special awards.

Swag – Correct shirt sizes are not guaranteed for entries within 2 weeks of race. Additional merchandise can be purchased at <https://ultrasignup.com/shopping.aspx?dtid=46210>.

- **20 milers** – Drawstring bag, Hell Creek sticker, tri-blend shirt. Finishers receive a medal and a Wichita Brewing Co. beer.
- **100k** – Drawstring bag, Hell Creek sticker, tri-blend shirt, and a Hell Creek stainless steel can koozie. Finishers receive a 100k buckle and a Wichita Brewing Co. beer.
- **100 milers** – Drawstring bag, Hell Creek sticker, tri-blend shirt, and a 100-mile fleece vest (customization optional). Finishers receive a 100-mile buckle and a Wichita Brewing Co. beer. Sub-24-hour finishers will receive a sub-24 buckle in place of the traditional 100-mile buckle.
- **Pure Hell 140** - Drawstring bag, Hell Creek sticker, tri-blend shirt, an Ultraverse Supplements bib belt, and a Pure Hell 140 fleece jacket. Finishers will receive a customized Pure Hell 140 puffy jacket with their name embroidered on it. We will send the puffy jacket in the mail soon after the conclusion of the event. Finishers will also receive a Pure Hell 140 buckle and a Wichita Brewing Co. beer.
- Additional small freebie items will likely be included in swag bags.
- **NEW FOR 2023 – FUR-BABY AWARDS!** If your pup runs with you, we will give him/her a pup-specific Hell Creek medal that can be worn on a leash/harness!

AID STATIONS

There are two manned aid stations. One of them you will run by twice each lap. Therefore, you will run by three manned aid stations per 20 mile loop. Manned aid stations will include your typical aid station items – a variety of food items (vegan options), water, soda, and electrolyte drink. The main aid will have some hot food items during certain hours (ramen, cheese quesadillas). Drop bags are allowed at both manned aid stations, therefore, you will have drop bag access 3 times per lap.

There will be one UNMANNED WATER ONLY station at roughly 5 miles. This aid station will also have ice if it's hot. So the furthest that will be traveled without access to water will be about 6.25 miles.

Please be prepared to bring anything “special” that you can't live without during a race. Some races offer endless buffets of food. That's not us. You can expect your typical runners fare. We will do our best to take care of you, however this **is** an ultra-marathon...you won't be pampered. Please make sure you are adequately prepared. Be prepared to take care of your own issues with blisters, chaffing, nausea, and any of the other normal perks that come with ultra-running. We will help when/if we can, but again...come prepared.

Main Aid – Located at the start/finish line. This aid station will have the most food options, and also the most room. We will have some chairs for runners. Chairs are for **active runners** only.

Hell Hill Aid Station – This manned aid station is at mile 10.5 and mile 16.75. Note- the trail is a 20 mile loop, and at no point do you run opposite directions on the same trail. There will be a variety of runner's food, with limited hot items (ramen) at night, and less variety than the Main aid station. There is **very** limited parking here, so crew, please wait to arrive until shortly before your runner is expected. It is **REQUIRED** that you make the climb to Hell Hill on your way out at 10.5 miles. You will check in (and out) with the aid station personnel at Hell Hill. The route on the way in (16.75) will take you directly through the Hell Hill parking lot.

Strict limit of ONE vehicle/runner at Hell Hill! Space is tight on the Hill. If a single runner's crew brings more than one vehicle, they will be required to move it.

Check out a visual of Hell Hill here -

<https://www.facebook.com/photo/?fbid=4944594402352719&set=gm.1776215102755206&id=1298825163827538>

Aid station food and beer is for runners and volunteers only. Pacers can have food/drink while pacing.

CREW

Crew cannot eat from aid stations. Pacers, while pacing, can. Simple.

Crew may NOT interact with runner outside of aid stations.

For 20-milers, there is not enough parking for crew members to meet them at Hell Hill. Therefore, 20-milers' crew can only interact with them at the start/finish.

Crew must abide by all the same rules as the runner. **Remember, crew can disqualify their runner.**

PACERS

Absolutely NO MULING. A pacer cannot carry **anything** for their runners. They cannot hand their runner **anything** anywhere except at manned aid stations.

Pacers are only allowed for the 100 mile and Pure Hell 140 races. No exceptions.

Pacers are only allowed after the 3rd lap, about 60 miles into the race.

Maximum of one pacer at a time

We don't keep track of pacers. You are responsible for your pacers.

Pacers can start at either manned aid station. They must check in with the aid station before they head out with their runner.

DROP BAGS

Drop bags are allowed at manned aid stations. This means you can have 2 drop bags (main and "Hell Hill").

Drop bags must be clearly marked with runners name, race distance, bib number, and intended location.

We are not responsible for lost or stolen drop bags, therefore we discourage putting anything of value in drop bags.

We do not mail drop bags. If you forget your drop bag, items will be thrown away or donated.

Drop bags cannot be excessively large. Think shoebox sized or small draw string bag. Excessively large drop bags will be rejected.

OTHER RULES

READ THESE CAREFULLY. Everyone is expected to know all rules coming into the race. We won't mess around with this stuff. We will disqualify the runner for any rules he/she OR their crew breaks. We are fortunate to have a permit at this beautiful place to put on such an event. Please represent the running/ultra-running community well.

DO NOT LITTER! If you OR your crew are caught littering you WILL be disqualified. Let's leave these trails as nice as when we started. There will be trash cans at every aid station to unload your trash.

We have no minimum gear requirements. This is Kansas, there is no such thing as "typical" weather. Be prepared for literally **anything** in early October. Bring what you need to survive. A headlamp will be needed for all 100k, 100 milers, and for Pure Hell 140.

Trekking poles are allowed. Try not to gouge anyone's eyeball out.

You must have means of carrying water at all times.

Pooping/peeing – Please try to relieve yourself at the aid stations. Aid stations are 5-6 miles apart, but sometimes that's not close enough! We understand! As previously mentioned, you are totally exposed out here, so it may be difficult to find decent cover. If you "go" on course you **MUST** bury all poop and toilet paper. **Failure to do so will be considered littering and result in disqualification. This goes for pacers as well!**

Beer is for runners only. We are proud to have Wichita Brewing Company (<https://www.wichitabrew.com/>) as our beer sponsor.

Minimum age of 18 years to race. Minimum of 21 to drink.

Due to the purely single track nature of the trail we discourage the use of headphones. However, you are allowed ONE earbud. This rule is in place out of respect for other runners. A runner should not have to shout or pat you on the shoulder to pass you.

If you get off course, you must retrace your steps entirely and re-enter the course exactly where you got off. No exceptions. Anyone caught cutting the course will be disqualified immediately.

Be respectful of all volunteers, they are doing this for free, and are using a weekend to take care of you. Please thank them every chance you get. Volunteers are what makes these races so amazing. Runners are responsible for how their crew interacts with volunteers. If you have any gripes or complaints, please take them up with your highly unsympathetic race directors☺ - Chase or Casey Hammond.

WE DO NOT ALLOW RUNNERS TO DROP DISTANCES DURING THE RACE. Pure Hell 140 runners cannot drop to 100 miles. 100 milers cannot drop to 100k, and 100k cannot drop to 20 miles. Please do not ask. If you don't **think** you can make it, keep trying. That's what this sport is all about! If you **can't** make it due to cutoff times, or for any other reason, you will DNF. We **know** many other races allow this...we don't. Go into your race knowing that the only option is to finish what you signed up for, or DNF.

DOGS – Well behaved dogs are allowed to run with their human friend. Well-behaved means they get along well with other humans, dogs, and will not chase wildlife that they encounter on the course. Again, the course is purely single track. You need to keep your dog out of the way of other participants. You must bury or carry out all poop from your dog, not doing so will result in disqualification. Your dog must be on a leash 100% of the time! This is a state park RULE.

Crew/family member's dogs must also be leashed at all times.

Children – Children are obviously welcome, but must be supervised at all times. Children cannot just be running freely around the start/finish area. Crew/family members are responsible for making sure this happens and failure to do so may disqualify their runner.

No emergency services will be on standby at the race. The nearest hospital is in Russell, KS – approximately 30 minutes away.

Runners MUST CROSS the finish line every loop before heading to their crew areas.

This is a state park, and you will need a Kansas State Park day pass or an annual pass. If you don't have one, you may or may not be fined. Please don't ask us if you need one. It's your call. You can purchase one on the way into the park.

No special start/finish times – you must start with YOUR race!

No whining or complaining. ;) It's supposed to be hard. It might be hot, it might be cold, and the wind might blow. If you're prepared, you'll be OK.

PARKING

Do not park between cones. Watch for runners in the parking lot! Do not park in front or directly beside the pop-ups at either aid station – these spots are reserved for RD's and race vehicles. There is lots of room at the start/finish.

Please see the image below for parking at the start/finish (blue).



DEFERRALS

One can only defer to the following year and can only defer once.

In the case of deferral, one would still need to re-register the following year. No deferrals are accepted after September 3rd, as shirt/swag orders will already be finalized. NO REFUNDS. NO BIB TRANSFERS.

If you cannot attend please let us know at least three days prior to race start and we will take your name off of the entrants list/results. If not prior to three days of race start you will be listed as DNS on the results.

RACE CANCELLATION

Race Cancellation – In the event the race is cancelled due to severe weather, or other uncontrollable circumstances we cannot offer refunds. Everything is typically already paid for at this point. That being said, it is highly unlikely, and we will do everything in our power to make sure the race happens. Depending on the circumstance, full or partial credit may be offered for a future race.

GIVING BACK

A percentage of everyone's entry fees will be donated back to Switchgrass for trail for maintenance/improvement as a token of our appreciation for the use of the trail, and for sustainability purposes. If it makes sense to increase amount in the future we will do so. We are passionate about the sustainability of the Switchgrass Trails, and all trails for that matter.

ADDITIONAL INFO

We offer a unique loyalty reward program for those who sign up for our races. Check that out here - <https://ultraversesupplements.com/ultraverse-race-rewards>

Proxima C Endurance Fuel is the sole carb/electrolyte drink for all of our races. It's also the BEST. Get yours here - <https://ultraversesupplements.com/products/proxima-c-endurance-fuel>. Remember, nothing new on race day!

We are passionate about putting on premier endurance events with a focus on ultra-running. Check out all of our races here - <https://ultraversesupplements.com/our-races>

Sofa King Awesome Slam - We have teamed up with Elden Galano and Kansas Ultrarunners' Society to bring you the Sofa King Awesome Double! Sign up for one of the Hell Creek races AND a Heartland race (the weekend after Hell Creek) and earn an extra buckle for completing them both. Which buckle you earn depends on the distances signed up for. Check out the Heartland series here - <https://ultrasignup.com/register.aspx?did=91025>. It's going to be Sofa King Awesome!

2023 SPONSORS



ULTRAVERSE
SUPPLEMENTS

THE BEST ultra-running supplements on the planet. Check out the ultimate trio of ultra-running supplements at <https://ultraversesupplements.com/view-our-products>.



Make sure to stop in at the Lake Wilson Marina for all your supplies on race day!



Enjoy a delicious beer from WBC after finishing the race! <https://www.wichitabrew.com/>